



VALENTINE DINNER & DANCE- -FUNDRAISER for JUSTICE, INC

Friday, February 12, 6:30 p.m. to Midnight



Southside Christian Church (Disciples of Christ) of South Bend is hosting a Valentine Dinner/Dance on February 12, 1999. We're looking forward to a fun event, and an opportunity for the community to get together and have a great time. We're hoping to raise a substantial amount of money for Justice, Inc., Indiana's statewide civil rights organization for gay, lesbian and HIV issues, so that we can help stop the anti-gay legislation being proposed in Indiana. **RESERVATIONS ARE NECESSARY TO ATTEND THIS EVENT.....**

The choice of dinner entrees are: lasagna, vegetarian lasagna, or chicken spaghetti. Music by The King of D.J.'s. Cards and board games will be available. \$17 per person, \$34 per couple. **NO alcohol, NO jeans!**

For more info, call Southside at 219-291-1156. Please leave a message if no one answers and we'll return your call.

50% of the proceeds will benefit, Justice, Inc.

ANTI-GAY ADOPTION LEGISLATIVE ALERT Thursday, January 21, 1999 (received via e-mail)

We need your help in fighting the 2 anti-gay adoption bills (one in the Indiana House, one in the Indiana Senate), and in fighting to keep sexual orientation in the hate crimes bills. Please write two letters during the next week to help us:

LETTER 1: Write Rep. Michael Dvorak of Granger and ask him not to hold a hearing on the anti-gay adoption bill (House Bill 1055), and to vote to keep sexual orientation in the hate crimes bill that is before his committee. Please send a copy of this letter to your own representative.

LETTER 2: Write Senator Judiciary Chair Richard Bray of Martinsville and ask him not to hold a hearing on the anti-gay adoption bill (Senate Bill 560). Please send a copy of this letter to your own senator, and to Senator Robert Garton, President Pro Tempore of the Indiana Senate.

NEED TO FIND OUT YOUR LEGISLATOR?: Call your local election board or check out the following web site:

<http://www.vote-smart.org/ce/s-districts/IN.html>

WRITE TO THEM AT: State House, 200 W. Washington Street, Indianapolis, IN 46204

CALL THE SENATE AT: (317) 232-9400 or (800) 382-9467

CALL THE HOUSE AT: (317) 232-9600 or (317) 232-9700 (800) 382-9841 or (800) 382-9842

ABOUT JUSTICE, INC.: Justice, Inc. is Indiana's statewide civil rights organization on gay, lesbian and HIV issues. Justice needs donations of both time and money to help us fight for our legislative issues. For up to date legislative information, call the Justice hotline at (317) 634-9212 or be added to our legislative alert system by writing alerts@justiceinc.org.

Justice, Inc. P. O. Box 2387 Indianapolis, IN 46206 (317) 634-9212

e-mail: info@justiceinc.org

web site: www.justiceinc.org

We need to act now. It is my understanding that time is shorter than we had first thought. Apparently, Dvorak will be making a decision regarding whether or not this bill gets out of committee within the next week or so. He needs to hear from you asap! And yes, your opinion matters more than you might think. Dvorak is from Granger, and is our representative.

The information regarding this bill follows: House Bill 1055 is the Anti-Gay Adoption Bill. It would stop gays and lesbians from adopting and from becoming foster parents. Woody Burton is the author of this bill. It is in the House Court & Criminal Code Committee. The chair of that committee is Mike Dvorak. I hope this bill does not get out of committee. If you are willing to respond, and you know of other people who would be willing to respond, please share this information. Believe me, Dvorak is hearing from those who support this bill. He needs to know that not all Christians agree that lesbians and gays are fair game for discrimination.

To contact Dvorak, you may: Call him: Leave a message at 317-232-9600. Write him: The Honorable Mike Dvorak Chair, Committee on Courts & Criminal Code, Indiana House of Representatives 200 W. Washington Street Indianapolis, Indiana 46204

Received via e-mail

COMMUNITY EVENTS

"SINGLED OUT" Saturday, February 6, 2:00 P.M..... JAMMIN' THE JOYCE

Notre Dame vs. Seton Hall, doors open up at noon for pre-game activities. Game starts at 2 pm. Teachers Credit Union is giving away FREE tickets, be sure to pick yours up soon. We will be sitting in the "Gold seat section". For more information call Linda, 219-257-9082 or Lynn: 219-259-6801

And remember, come one, come all. You can join this party- single or not!!

The University of Wisconsin-Madison Ten Percent Society has been selected to host the 7th Annual Midwest L/G/T College-Conference. The event will be held From February 19-21 at the Monona Terrace Convention & Community Center and will feature 3 keynote speakers, 60 breakouts, and 3 specialized seminar sessions. Anyone interested in receiving e-mails about the development of this conference should e-mail mblgtcc@tps.stdorg.wisc.edu

COMMUNITY SPIRIT Area's (St. Joseph, MI) newest social/activity group. Meetings are the 2nd & 4th Wednesday of the month. More info, call Julie 616-982-1300 or Terry Kuseski at 616-925-7371, or e-mail Julie at MsJKK2U@aol.com

KALAMAZOO GAY/LESBIAN RESOURCE CENTER, C.A.R.E.S Building, Lower Level
629 Pioneer Street, Kalamazoo, Mich. 49001 voice mail: (616) 349-4234

LESBIAN GROWTH & SUPPORT GROUP

meets Monday nights 7-8:30 pm, Fort Wayne Woman's Bureau at 303 E. Washington, Fort Wayne. Info....219-424-7977
Also in Fort Wayne...G/L/Bi/T Helpline 219-744-1199 Mon.-Thurs., 7-10 pm, Fri.-Sat, 7-12 am, Sun, 8-9 pm

LESBIAN SUPPORT GROUP Every Tuesday 7-9 P.M. For Info, write: LSG, P.O. BOX 1612, MISHAWAKA, IND. 46544

NATIONAL ORGANIZATION FOR WOMEN (NOW)

Meets the first Wednesday of each month from 7 - 9 p.m., St. Joseph County Public Library, 304 S. Main, South Bend

NORTH/CENTRAL ALLIANCE Located in the Kokomo, Tipton, Logansport, Marion and Frankfort area of North/Central Indiana....North/Central Alliance, P.O. Box 186, Kokomo, IN. 46903..Voice Mail 317-454-8868

PFLAG (Parents & Friends of Lesbians and Gays) Meetings are from 2 to 4 p.m. the 4th Sunday of the month at Christ the King Lutheran Church, 17195 Cleveland Road, South Bend. For Info...Nancy 219-277-2684, or Sue 219-277-3012 or write P.O. Box 4195, S. Bend, 46634-4195

SAPPHOS NETWORK A support/study/social group for N. Cent. IN, P.O. Box 118, Kewanna, IN 46939-0118 (219) 595-7542

THE TREVOR HOTLINE National toll-free suicide hotline for gay and questioning youth. It's open 24 hours a day, seven days a week, 365 days a year. Teens can call 1-800-850-8078, where they can talk to trained counselors. All calls are free and confidential. For more information about the Project, visit www.trevorproject.com

TO LIST YOUR GROUP OR UPCOMING EVENT ON THIS PAGE: PLEASE allow 45 days advance notice and send the information to: PO BOX 845, MISHAWAKA, IN 46546



NOTRE DAME WOMEN'S BASKETBALL

Wed. Feb 3, vs. Boston College 7:00 p.m.
Sat.. Feb 6, vs. Seton Hall 2:00 p.m.
Wed. Feb 17, vs. Syracuse 7:00 p.m.
Tue. Feb 23, vs. Miami 7:00 p.m.

A DIPLOMAT IS ONE WHO CAN PUT
HER FOOT DOWN WITHOUT STEPPING
ON SOMEONE ELSE'S TOES.

MUSIC AT THE ELECTRIC BREW

February 13....Heather Kropf
Goshen College graduate, singer-songwriter
March 27...*Unchaining Alice* will be performing
songs by Ann Reed Chris Williamson, Judy
Small, Holly Near, Sweet Honey in the Rock and others.
April 18....*Wishing Chair*, the delightful duo from Lexington,
KY is returning for a 7 P.M. Sunday Show
performance and there will be a \$5.00 suggested donation
Performances begin at 8 P.M. unless noted
136 S. Main, Goshen, IN



FROZEN OUT

by Lee Lynch



Our pipes are frozen. I spent an hour out in the nineteen degree backyard with a hair dryer. The pump guy said forget it, things would thaw later. It's three hours later and one degree warmer. This isn't supposed to happen on the Oregon coast.

I came in to defrost, kept my toasty fedora on, made a cup of decaf tea and picked up the paper. "Strategy Aims to Block Same-Sex Benefits." Oh, thank you, just what I needed. It was only last week that the Oregon Court of Appeals decided domestic partner benefits were long overdue and that we gays are definitely a distinct class of people who have been discriminated against.

To add insult to injury on this day when even the waterfalls have turned into ice sculptures, it's not the Oregon Citizen's Alliance which has turned on us. Lon Mabon and his hate-mongering hench-crew didn't have to lift a finger. They've scared the legislators so badly two state representatives are doing their dirty work by introducing three separate anti-gay measures for inclusion on the next ballot.

Is this the form the next onslaught will take in other states as well? Will politicians elected to represent the people turn against the people to take away our rights? Perhaps these two Republicans are feeling so powerful after branding our president with a scarlet letter that they can't resist the temptation to squash more victims of radical right wrath. Is this further revenge because Bill Clinton can see that gay people are human, but they cannot? Or do they think they'll stay in office this way? Ha! Come next election, let's show them what we the people want because, surprise, conservatives, the president's popularity ratings went up ten points as soon as you impeached him! Americans can be rough on one another, but some still understand the concept of fairness.

Unlike the weather. I just got this e-mail from a cold friend in the next town: "I've been hanging blankets over doorways out in the laundry room, covering vents under the house, positioning heaters and heat lamps, dripping the faucets, feeding the pets extra, monitoring the outside water dishes for the birds, heating rice bags for the foot of the bed, and keeping the wood box full and the tea kettle on. If there's anything else, I don't know what it is."

It's a tempest in a teapot. Gays get some rights acknowledged, a little judicial protection and one of the legislators who's referring ballot initiatives whines, "I believe that marriage and family are at the heart of our social institutions and social structures. It's extremely important to maintain and protect them." Protect them from whom? Abra cadabra! I sign up for insurance and your wife runs off with another man and three out your seven kids come out. Right.

What do these legislators want? First, voters would get to approve the definition of "traditional marriage" as a union between man and woman. Of course, that definition exists in state statute and was even acknowledged in this recent Oregon court decision, but who's counting? The strategy is to trick the voters into saying yes to a no-brainer for heterosexists so the voters will say yes to the next two.

Second is an initiative to nix the dreaded peril of government employment benefits to same-sex partners. Note here that we're no longer talking about any unmarried couple, only same-sex couples, many of whom would marry in a flash but for the above definition of marriage. And note too that all this is designed to elicit a yes vote from anyone with a fear of additional taxes.

Just to cover all the bases, the third initiative would give largely undereducated voters the power to make sure government employees can be mistreated and fired for being gay.

The bright side of all this is that gay people no longer have to carry the burden of fighting the radical right by ourselves. We've been trying to tell the country for years that radical conservatives might pull a stunt like tossing out a president because they loathe his slightly liberal leanings. We've been telling them that the right was interfering with the judicial process to impose its untenable values on everyone. And we are being heard. One Oregon Democratic legislator responded to these threatened initiatives by saying, "We certainly will take on the responsibility of protecting the human rights of everyone in this state."

Lover trekked through the snow to assemble a little pump house of reflective material. I put a rickety wooden lean-to over that and a lamp inside to heat the pipe. Tonight's going to be another freezer. But we'll have water again one of these days. And we've all -- Lover, our friend in the next town, me learned how to take care of ourselves when the elements are against us. We'll be okay.

COURT OF FRIENDS



Okay, all you singles! Looking for that special someone? Here is your opportunity to reach out to other singles. Write out what you want other singles to know about you and what you are seeking in another. Open Arms will run your ad for 2-3 months. You can resubmit or cancel at any time.

Open Arms reserves the right to edit for length and/or content any letters submitted for publication.

Send your ad to: The Court of Friends, P.O. Box 845, Mishawaka, In. 46546 You will be assigned an ID number. Your letter and ID number will be published in the next issue. Those wishing to respond to a published single, may do so by enclosing their reply in a stamped, sealed envelope with the ID number written in PENCIL on the front of the envelope. Place your reply into another envelope and mail to the Court of Friends. Your reply will then be addressed to the corresponding single and mailed.

#80.....I am a white female, 33 looking for a female. I like music and some sports. I like walking and occasionally bike riding and also hanging out at the mall. Would like to find a friend first.



PLANNING THAT VACATION!!!!.....THE RESORT on Carefree Boulevard is conveniently located just north of Fort Myers on Florida's Southwest Coast. A major sponsor of the National Women's Music Festival, Gina Razete and Cathy Groene, who as owners of CGR Development Corporation have created *The Resort*, a community that caters to each individual's housing as well as social and recreational needs. *The Resort* is located on 50 acres of beautiful pineland where seclusion and privacy is paramount. Two pristine lakes, stocked with fish with nature preserves

located adjacent to each lake offer trails so you can experience a tropical paradise. Also on site is a 10,000 square foot lakeside clubhouse. This center offers organized social and recreational activities and includes a 1,000 sq. foot swimming pool, spa, tennis court, shuffleboard court, billiard room, arts & crafts room, exercise room, card & games room, library, big screen room, and a putting green. *The Resort* offers daily, weekly and monthly vacation rates which include a complete household package with all utilities including telephone and basic cable. Tours are by appointment only and there are no signs or billboards to guide you to the resort. If you wish to explore how this magnificent resort can fulfill your vacation or retirement needs, please call 1-800-326-0364 or locally 941-731-3000 to arrange a time & date.

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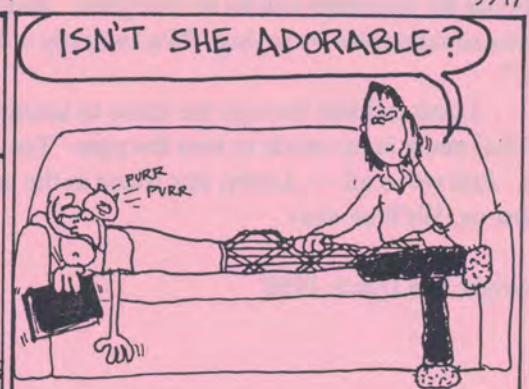
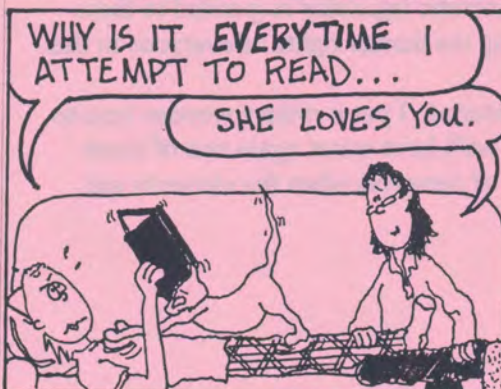
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9947





WELLNESS CORNER

By Susan Myers, R.N., LCSW, HTP, Holistic Health Counselor

IMAGERY

Imagery is a mind-body technique in which individuals use the imagination to promote relaxation, relieve symptoms (or better cope with them), and heal disease. It doesn't always involve visualization - picturing something in one's mind; it can involve mentally hearing, feeling, smelling, or tasting as well. Like other alternative therapies, such as biofeedback, hypnosis, and meditation, imagery is based on the principle that the mind and body are dramatically interconnected and can work together to encourage healing.

Imagery has been used for therapeutic purposes since at least the middle ages, when Tibetan monks reportedly tried to visualize the Buddha healing diseases. Today, imagery is successfully used to control pain in various settings, to enhance the immune function in the elderly, and as an adjunctive therapy for a number of diseases, including diabetes, and aids. Imagery is widely used in cancer patients to help mobilize the immune system, to alleviate the nausea and vomiting associated with chemotherapy, to relieve pain and stress, and to promote weight gain. It is also used in many cardiac rehabilitation programs and centers specializing in chronic pain.

Imagery therapy is based on the theory that messages can be sent from the higher centers of the brain, where images are located, to lower centers, which regulates physiologic functions (such as breathing, heart rate, blood flow, blood pressure, digestion, immunity, and temperature). Images that arise from unconscious body processes and memories are believed to be located in the cerebral cortex, whereas images related to smell or feelings may be rooted in more primitive brain centers. The regulation of waking and sleeping rhythms, hunger, thirst, and sexual function may also be affected through imagery.

The optic cortex, which is active when a person is looking at something, is also active when a person visualizes. The auditory cortex is active when a person imagines hearing things, and the sensory cortex is active when a person imagines feeling things. Practitioners of guided imagery believe that if the cortex can create these imaginary realities, the lower centers of the nervous system - in the absence of conflicting information - can respond to them. This is basically how imagery functions within the brain. The more sensory images are used with a treatment, the more information is given to the brain, the greater is the likelihood of achieving the desired outcome.

Imagery can benefit almost any medical situation in which problem solving, decision making, relaxation, or symptom relief is useful. It has even been used successfully to help properly prepare for surgery and to speed post-surgical recovery. Additionally, imagery is a useful self-care tool. With proper instruction, individuals can use imagery to relieve stress, enhance immune function to fight a cold or improve their sense of well-being. Imagery can be practiced by an individual alone or led by a trained practitioner. Sessions with a therapist usually last about 20-30 minutes depending on the symptoms, goals and desired outcomes of the individual.

The following is a list of conditions that may be helped by imagery: allergies, asthma, cancer, cardiac rhythm disturbances, chronic pain, cold symptoms, painful menstruation, excessive uterine bleeding, flu symptoms, gastrointestinal symptoms related to stress, headaches, high blood pressure, PMS, smoking cessation, weight loss or gain (depending), sprains and strains, surgical recovery and wound healing, and any other stress related condition. Imagery is a wonderful tool to deepen spirituality and to promote relaxation.

If you are interested: The Academy for Guided Imagery in Mill Valley, CA., trains health professionals in the use of interactive guided imagery, publishes a directory of imagery professionals, and provides educational materials, and tapes for professionals, and lay people. Practitioners who complete a 150-hour program can obtain certification in guided imagery.

Handbook of alternative and complementary therapies: Springhouse Pub.

JUSTICE SEEKS INTERNS.....Justice, Inc., Indiana's statewide civil rights organization on gay, lesbian & HIV issues, works with colleges and students to provide opportunities for students interested in gay, lesbian and HIV issues to do internships which include lobbying, activism, organizing, media work and many other activities. Justice will work with the intern on specific projects depending on the candidate, length of internship and credit hours. Call Justice at 317-634-9212 or e-mail president@justiceinc.org with questions. To apply: send a cover letter, resume and contact information with 3 references to Wally Paynter, Justice President, P.O. Box 2387, Indianapolis, IN 46206

IN THE NEWS



February, 13.....8 PM...

Lavender Morning is having a dance at the Peoples Church, 10 Street, Kalamazoo.. For more info call Lisa 219-257-9551

New Bar opens in Kalamazoo!

Missias' Bar and Grill, 562 Portage Street (across from Triangle World), newly renovated with special menu selections.....open from 2 PM until 2 AM: for more information about upcoming events call 616-381-4140

Womyn's Rituals at Cybele's in west Michigan

Cybele's is a newly forming community retreat center.

Imbolc/Candlemas/Brigid- Saturday, February 13

Spring Equinox- Saturday, March 20

Beltane/May Eve- Saturday, May 1

Lughna Sadh/Lammas- Saturday, July 24

Fall Equinox- Saturday, September 25

Samhain/Hallows Eve- Saturday, November 6

For more info, call Rosie 616-828-5156 or Barb 616-828-5666



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\$\$\$ in Real Estate investing...219-291-2342 or 291-2482
Welding techniques taught by Zealla Flores 219-233-7436 ext. 22

We would be happy to add your service and telephone # to this column for free; just send the information to P.O. Box 845, Mishawaka, IN. 46546

OPEN ARMS MISSION STATEMENT

Open Arms exists to disseminate diverse information of interest to the Michiana lesbian community. *Open Arms* is discreetly mailed 12 times a year in a security envelope with a P.O. Box return address only. Our mailing list is kept confidential and never given to other publication or special interest groups.



**One WOMAN
and Her Dog**

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Seeks Volunteers for
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For more information, contact Justice at:
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Justice, Inc., PO Box 2387,
Indianapolis, IN 46206
Justice, Inc. is Indiana's Statewide
Civil Rights Organization
On Gay, Lesbian and HIV issues

OPEN ARMS STAFF

Please send submissions to
Open Arms,
P.O. Box 845, Mishawaka, IN. 46546

For more info contact any staff member...

e-mail address mbdkjk@juno.com
e-mail address suze3@juno.com
Kaye & Marcia.....219-271-0338
Suze.....219-254-8676 (beeper)

OPEN ARMS SUPPORTERS

ATTENTION ADVERTISERS!!!

Advertising rates are billed as follows:

For the calendar year beginning January 1, and running 12 months thru December 31, a business card sized insert (2" x3 1/2") is \$10.00. For a limited time insert, the cost is \$1.00 per month

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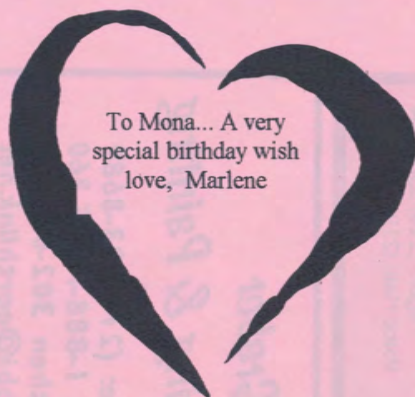


THINK
SPRING!!!

FEBRUARY 1999

BIRTHDAY WISHES TO

Kathy...on the..... 6th
Des I..... 8th
Diane & Stacie S. 13th
Mona S..... 14th
Kristin B. &
Lynnette M..... 20th
Connie L..... 26th
Rebekah V..... 28th



1st Thursday this month, the
4th, is National Girls and
Women in Sports Day

February & March is Black &
Women's History Months

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 
		Groundhog Day				
7	8 	9	10	11	12	13 
14	15	16	17	18	19	20 
	President's Day		Ash Wednesday			
21	22	23	24	25	26 	27
28 						